



# Objectives: Nutrition Curriculum

1. Recognize the role of a registered dietitian and refer patients who would benefit from nutrition counselling.
2. Understand the importance of routinely incorporating nutrition screening into clinical practice.
3. Understand and educate patients on basics of nutrition and healthy eating using Canada's food guide, the plate model and other strategies (e.g. limiting highly processed foods, eating meals with others), as appropriate.
4. Utilize evidence-based nutritional strategies in the prevention of chronic conditions such as cardiovascular disease.
5. Demonstrate collaborative care with patients and communities to help meet their nutritional needs that consider their traditional foods and respects cultural food practices.
6. Explain how systemic factors and social determinants of health contribute to food insecurity and food access.
7. Formulate strategies to address food insecurity and food access at the patient-physician, clinical-community and systemic levels.
8. Maintain awareness of mainstream diets and dietary supplements and the evidence or risks associated with them.
9. With respect to patients diagnosed with diabetes, counsel patients appropriately on basic nutrition principles to help manage their condition
10. With respect to patients with hypertension, counsel patients on nutrition principles to help them manage their condition.
11. With respect to patients with cardiovascular disease or dyslipidemia, counsel patients on nutrition principles to help them manage their condition.
12. With respect to patients with gastrointestinal disorders (e.g. celiac disease, GERD or IBS) dietary management as appropriate (e.g. FODMAP diet, gluten free diet).
13. Recognize the importance of screening patients for malnutrition in both the acute care and community setting and treat accordingly.
14. Present effective dietary management strategies to patients with obesity or who are overweight.
15. In patients with dysphagia, understand the role of modified textures and fluid viscosity.
16. Counsel pregnant women on the foods and beverages to avoid during pregnancy

## Pediatric-Specific Objectives

17. Discuss with parents appropriate timing for the introduction of allergenic foods to infants.
18. Counsel parents who are unable to breastfeed on alternative options for infant nutrition.
19. Advise parents on nutritional strategies to help with children or adolescents who are picky eaters.
20. Identify nutrition risks for children who are raised vegetarian or vegan.